



**Doctors recommend Tdap, MCV, and HPV vaccines as the most important way to protect your 11–18 year old from serious diseases.**

- Some baby shots do not last a lifetime. Your 11–18 year old needs additional shots to stay protected.
- Specific vaccines are made especially for older kids and adults because they are more likely to get certain diseases. Your 11–18 year old did not receive these shots as a baby.
- Whether your child is healthy or mildly ill, vaccines are safe and effective.

**Ask your child's doctor about these vaccines today!**



## **Vaccines are free for 11–18 year olds.**

An administration fee might be charged but will be waived if you are unable to pay it.

For more information on vaccines:

- Talk with your doctor, nurse, or clinic
- Call Public Health - Seattle & King County at 206-296-4774

**It is important for your child to have a health check-up each year!**

**For help finding a doctor, nurse, or clinic visit:**



**Public Health**  
Seattle & King County



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# **Is your 11 to 18 year-old protected from serious diseases?**



## Meningococcal Disease

**Meningococcal disease is a serious infection that can lead to brain damage and death.**

- Even with medical care, death can occur within a few hours of early symptoms.
- The disease spreads person-to-person by coughing, kissing, or sharing anything by mouth, such as water bottles.
- Anyone can get the disease, but young adults who have close contact with each other, such as when playing team sports or living in college dorms, are more likely to get it.

**The MCV shot prevents meningococcal disease.**

- Doctors recommend 2 doses of MCV for children, beginning at age 11.
- **Ask the doctor about getting the MCV shot for your child!**

## Pertussis ("Whooping Cough")

**Pertussis causes a cough that lasts for months and may make it hard to eat, drink, or breathe.**

- Pertussis spreads easily person-to-person by coughing and sneezing.
- Older kids and adults often spread pertussis to babies and pregnant women who can die from it.

**The Tdap shot prevents tetanus, diphtheria, and pertussis.**

- Because the pertussis baby shot does not last, doctors recommend Tdap for anyone 11 years or older.
- **Ask the doctor about getting a Tdap shot for you and your child!**

## Human Papillomavirus (HPV)

**HPV is the main cause of cervical cancer and genital warts.**

- Most people who get HPV do not know they have it, but they can spread it to others through sexual contact.
- HPV is very common. At least half of all men and women will get infected during their lifetime.

**The HPV shot prevents human papillomavirus infection and protects against cervical cancer.**

- HPV vaccine offers the most protection when given before the start of any sexual activity.
- Doctors recommend three doses for girls and boys, beginning at age 11.
- **Ask the doctor about getting HPV shots for your child!**

